

**O-0103**  
**CONDUCT FIELD SANITATION AND HYGIENE**

**CONDITIONS**

You are part of a ground team on an extended mission in the field.

**OJECTIVES**

Throughout the mission, take measures for:

1. Care of the feet.
2. Avoiding unpurified water.
3. Proper disposal of waste.
4. Proper personal hygiene.

**TRAINING AND EVALUATION**

**Training Outline**

1. Proper field sanitation and hygiene will keep you and your team healthy while living and working in the field. If you become sick or injured, you are incapable of doing your job and become a burden on your team.

2. Taking Care of the Feet. As a ground team member, your feet are your primary mode of transportation. If they are not functioning, you cannot function. While anyone can walk in the woods for a while, extended operations require you to actively take care of your feet.

a. Before Movement.

- 1) Make sure your boots are correctly fitted and broken in. Do not wear new boots to the field.
- 2) Make sure your socks are clean, fitted, and free of holes and knotty darns that might rub your foot raw. Always bring extra socks and foot powder.
- 3) Treat and protect blisters, pressure spots and infections before each sortie.

b. During Movement.

- 1) Keep your feet as dry as possible. Never walk in water or mud if you can avoid it. It takes days for boots to dry out fully.
- 2) Change damp or dirty socks as soon as possible.
- 3) Dust your feet with foot powder to keep them dry.

4) If your feet begin to bother you, adjust your socks and boot lacing to relieve pressure on sensitive spots.

c. Blisters. If you get a blister, clean it with soap and water. Watch for signs of redness, throbbing and drainage. If this occurs, seek medical treatment.

2. Avoid unpurified water, Only drink and fill canteens from known pure water, such as from a faucet. Anything else can make you very sick. Avoid all streams and lake water. If you must purify water, get your team leader's approval and follow the instructions on whatever water purification chemicals you use (NOTE: This is as a last resort only).

3. Waste Disposal. One of the quickest ways to make you and your team sick is to improperly dispose of garbage or human waste. If this material ends up in someone's food or water, it can incapacitate everyone who ingests it. In addition, waste can draw disease carrying insects and wild animals.

a. Human Waste. Whenever possible, use bathrooms/latrines. If none are available, then dig a "cat hole" at least one foot deep. Make sure the hole is at least 100 yards down wind from any bivouac site. Also make sure your hole is not uphill from the bivouac to avoid drainage problems. After use, fill the hole back in.

b. Garbage. Only put garbage in designated trash cans and bags. If none are available, seal your garbage in plastic bags and pack it out of the field.

c. Cooking Gear. If you use reusable utensils, mess kits, canteen cups, etc., wash them with hot water and soap after each use.

4. Personal Hygiene:

a. Brush your teeth at least once a day, preferable after every meal.

b. Whenever water is available, wash your hands after using the latrine and before every meal.

### **Additional Information**

More detailed information on this topic is available in Chapter 4 of the Ground Team Member & Leader Reference Text.

## Evaluation Preparation

**Setup:** This task is tested over the course of an overnight field exercise. The exercise should include at least two miles of dismounted movement. You should observe the students over the course of the exercise and evaluate them at the conclusion of the exercise. Anything not directly observed (such as the use of a cathole) should be evaluated through oral questioning.

**Brief Student:** Inform the individuals to be tested that they will be evaluated over the course of the next 24 hours on their ability to conduct field sanitation and hygiene.

## Evaluation

### Performance measures

### Results

The individual:

#### 1. Takes proper care of feet:

##### a. Before movement

P F

- 1) Makes sure boots are properly fitted.
- 2) Makes sure boots are broken in (not new boots)
- 3) Wears clean socks, free of holes and knotty darns.

##### b. Takes proper care of the feet during movement

P F

- 1) Keeps feet as dry as possible.
- 2) Changes damp socks.
- 3) Dusts feet lightly with foot powder.
- 4) Adjusts footgear to relieve the tender spots on the feet

##### c. Takes care of blisters:

P F

- 1) Washes the blister and surrounding area with soap and water.
- 2) Seeks medical treatment for painful blisters or signs of infection, such as redness, throbbing and drainage.

#### 2. Avoids unpurified water whenever possible. If forced to use such water, checks with the team leader and then correctly purifies the water in accordance with the water purification tablet instructions.

P F

#### 3. Properly disposes of waste:

a. Properly uses cat holes to dispose of human waste. P F

1) Digs at least one foot deep and fills it in afterwards.

2) Digs hole at least 100 meters, downwind, and not uphill from the bivouac site.

b. Disposes of garbage only in designated containers. Otherwise, packs out all garbage in waterproof bags. P F

c. Washes all utensils, cups, mess kits, etc. with hot water and soap after use. P F

4. Practices personal hygiene:

a. Brushes teeth daily P F

b. When water is available, washes hands after using the latrine and before eating. If not available, uses alternative method like alcohol prep pads. P F

Student must receive a pass on all performance measures to qualify in this task. If the individual fails any measure, show what was done wrong and how to do it correctly.